



## Thai Green Fish Curry - Mild

A warming fish and vegetable curry accompanied by fluffy white rice.

A tasty seafood dinner with loads of flavour that you are sure to enjoy.



### Ingredients

Green Curry (50%) [Onions, Peas, Carrots, Green Beans, Canola Oil, Garlic, Ginger, Tapioca, Green Curry Paste (Green Chilli, Lemongrass, Garlic, Salt, Galangal, Shrimp Paste (Shrimp, Salt), Kaffir Lime Peel, Coriander Seed, Pepper, Cumin, Turmeric), Curry Powder (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Salt, Coconut Milk], Basa Fillet (28%) (Fish), White Rice. CONTAINS FISH, CRUSTACEA. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

### Nutritional Details

	Regular Size 400g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1672kJ (401Cal)	418kJ (100Cal)
Protein:	29.6g	7.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	11.6g	2.9g
--Saturated:	5.6g	1.4g
Carbohydrates:	40.4g	10.1g
--Sugars:	5.2g	1.3g
Dietary Fibre:	10g	2.5g
Sodium:	1024mg	256mg
Potassium:	676mg	169mg

#### Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. Dinners carrying the Heart Friendly Tick have undergone laboratory testing and results for Saturated Fat, Trans Fat, Sodium, Energy, Protein and Fibre or Vegetable content are guaranteed to comply with the criteria. Clients and Health Professionals should use all other calculations as a guide only when recommending or choosing suitable dinners.